



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, October 8th - 11:00-11:45 am

Call in number: 1-763-957-6300

Tip: Please join the WebEx first and then have the audio call out to you

Agenda

- Welcome New Champions!
- Leadership Development Series
 - *With Special Guest Jack Bastable*
- "Stress Busters" ENDS Tomorrow Friday, October 9th
- October EAP Webinar
- October HQ Seminar
- Program Year Ending Sunday, November 15th, 2015
- NEW Program Year – Program Changes
- National Eating Healthy Day – November 4th, 2015
- November 12th Meeting – "What's Your WHY??"

Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

3



How to impact the culture
of YOUR agency or department
and gain support from managers and supervisors

Leadership = Communication



**The single biggest problem
in communication is the
illusion that it has
taken place.**

George Bernard Shaw



10 Communication Secrets of Great Leaders

1. **Speak not with a forked tongue:** In most cases, people just won't open up to those they don't trust.
2. **Get personal:** the more personal and engaging the conversation is the more effective it will be.
3. **Get specific:** Specificity is better than Ambiguity 11 times out of 10.
4. **Focus on the leave-behinds not the take-aways:** by intensely focusing on the other party's wants, needs & desires, you'll learn far more than you ever would by focusing on your agenda.
5. **Have an open mind:** A leader takes their game to a whole new level the minute they willingly seek out those who hold dissenting opinions and opposing positions with the goal not of convincing them to change their minds, but with the goal of understanding what's on their mind.



Secrets – Continued

6. **Shut-up and listen:** Simply broadcasting your message ad nauseum will not have the same result as engaging in meaningful conversation, but this assumes that you understand that the greatest form of discourse takes place within a conversation, and not a lecture or a monologue.
7. **Replace ego with empathy.** When candor is communicated with empathy & caring and not the prideful arrogance of an over inflated ego good things begin to happen.
8. **Read between the lines:** Keep your eyes & ears open and your mouth shut and you'll be amazed at how your level of organizational awareness is raised.
9. **When you speak, know what you're talking about:** Develop a technical command over your subject matter.
10. **Speak to groups as individuals:** Great communicators can tailor a message such that they can speak to 10 people in a conference room or 10,000 people in an auditorium and have them feel as if they were speaking directly to each one of them as an individual.



Resources

10 Communication Secrets of Great Leaders

- ✓ <http://www.forbes.com/sites#/sites/mikemyatt/2012/04/04/10-communication-secrets-of-great-leaders>

The 3 Communication Skills Every Leader Needs to Master

- ✓ <http://www.businessinsider.com/communication-skills-every-leader-needs-to-master-2015-7/>


Leadership Communication

- ✓ <https://www.ketchum.com/leadership-communication-monitor-2014>

9

“Stress Busters” Challenge – ENDS 10/9/15

Don't forget to log your points in the Portal by Friday, 10/16/15!



MANAGE YOUR STRESS

STAY IN CONTROL

It is important that you identify your stressors and take actions to minimize their effect on you.

This 4-week Challenge helps you take control by focusing on ways to help you manage stress!

During the Challenge, keep track of these 3 healthy behaviors.

- ✓ **Exercise** – at least 30 minutes per day.
- ✓ **Sleep** – at least 7 hours per night.
- ✓ **Relax** – at least 15 minutes of time out of your day.

WHAT'S STRESSING YOU OUT?

ANYTHING AND EVERYTHING?

STRESS BUSTERS CHALLENGE

SEPTEMBER 14 – OCTOBER 9, 2015

GOAL: 55 POINTS FOR 5 HEALTHQUEST CREDITS

10

October 2015 EAP Webinar

Tuesday, October 20th, 2015

3:00 p.m.

Getting The Best Value out of Your Health Benefits

Do not wait until you get sick or injured before understanding your benefits. Investing time in understanding the options of your plan is investing money in family.

Register at <https://attendee.gotowebinar.com/register/9201355783244244226>



October 2015 Seminar

Available on the Portal 10/1/15



Sleeping Well

Restful sleep is an important part of your health. Yet more than half of Americans say they have trouble getting a good night's sleep. Join us for this month's seminar to learn tips for getting your zzz's.

1
Credit



**HEALTHQUEST
2015-2016 PROGRAM**

Earning **\$240**
is as easy as...

- 1 Obtain Biometric Values
- 2 Complete the Health Assessment Questionnaire (required, worth 5 credits)
- 3 Earn 30 total credits

| Credit Value | Credit Max | HealthQuest Activities |
|--------------|------------|--|
| 5 | 5 | Health Assessment + Biometrics (Required) |
| 5 | 5 | Biometric Screening Participation (on-site screening/home kit) |
| 3 | 3 | Blood Pressure in range <120/80 |
| 3 | 3 | Total Cholesterol in range <200 |
| 3 | 3 | Glucose in range <100 |
| 3 | 3 | Non-Tobacco User (auto-award from Health Assessment) |
| 15 | 15 | Lifestyle Coaching |
| 15 | 15 | Condition Management |
| 15 | 15 | Tobacco Cessation Program |
| 3 | 3 | Health Advisor |
| 5 | 20 | Preventive Exams through Self Report Forms |
| 5 | 30 | Challenges |
| 5 | 10 | Agency Wellness Program |
| 3 | 6 | Agency Training Program |
| 2 | 10 | Virtual Coaching |
| 1 | 3 | Online Monthly Seminars |
| 1 | 3 | Conversations |
| 1 | 3 | Health & Fitness Activities |
| 1 | 5 | KS Financial Learning Center Modules |
| 1 | 3 | EAP Webinar Attendance |
| 3 | 3 | Register for Castlight Health |
| 2 | 2 | Castlight Health - Complete Quiz & Video |
| 3 | 3 | Register for Rx Savings |

Total Credits Required - 30 | Total Credits Possible - 171

National Eating Healthy Day!

- ✓ Wednesday, November 4th
- ✓ Will share cookbook YOU contributed to!
- ✓ Check out http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/National-Eating-Healthy-Day-Toolkit_UCM_454416_Article.jsp



Thank You for Joining Us Today!!

Next Meeting is Thursday, November 12th, 2015

- ✓ 11:00-11:45 am
- ✓ Day After Veterans' Day Holiday
- ✓ **Something Different!!**

Secret Question:



Open Questions / Comments

